Conditioning With Pleasure Guide

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The essential steps of this core technique are laid out for you in this easy to understand, easy to follow outline.

Use this guide when you watch Mark do the technique on Mandi in the video training so you can break down and lock in the key steps to this core element of erotic hypnosis.

The purpose of Conditioning with Pleasure is the following:

Get her in touch with her innate pleasure.
Give her access to her own pleasure.
Allow her to feel okay feeling pleasure.
Enhance her sensual responsiveness.
Give her access to experiencing taboos.
Use all the above to enhance her confidence.
Use all the above to enhance her life.
Transfer the control to her.

At a high level, this is done using the following:

Take subject into trance.
Demonstrate trance.
Have subject feel pleasure.
Then each step in a loop...
Set up scenario.
Plant suggestion.
Demonstrate suggestion.
Reward with pleasure.
Increase suggestion's effect, then demonstrate.
Reward with pleasure.
Create shortcut to effect, then demonstrate.
Reward with pleasure.
Transfer control to her.
Have her demonstrate her control.
Reward with pleasure.

One Page Overview of Conditioning With Pleasure as Taught by Mark Cunningham

1. Take them into trance

2. First pleasure state: Simple

- Remember a time when you felt pleasure (any)
- Amplify the pleasure state, help them relive it, feel it all throughout the body.

3. Second pleasure state: more intense

- another type of pleasure you have experienced and it's really good.
- amplify it, move it all throughout their body.

4. Third pleasure state: Best they can imagine

- a type of pleasure I know you can imagine, you may not have experienced it yet,
- Amplify, really ramp it up.

5. Future Pace to desired outcome or just being successful at challenges

- go through 3 - 4 scenarios

6. Set anchor(s) - can be keyword or physical touch or both

- test your work

7. Give them a mental trigger

- your inner mind can just imagine the <previous tested anchor>
- test your work

8. Emerge with positive suggestions

Here are the detailed steps:

The goal is to enhance sensual and erotic responsiveness of the subject so the subject can experience all they have dreamed of experiencing.

First increase her responsiveness. Give examples that she is responding. Condition with pleasure.

Have her reach for pleasure that she has wished for from afar, and then have her experience it in trance. She experiences it, and thus she will be able to experience it later when in awake state. But only briefly, making her want to experience it even more.

Then increase her desire to experience that pleasure and allow her to feel comfortable desiring it. Then increase her ability to quickly feel it and demonstrate it.

Then put her in an imaginary setting and have her experience a taboo, such as having an orgasm in a public place. Once she experiences it in trance, it is true and exciting for her.

Then turn down her physical expression of her pleasure such that she would be less embarrassed about feeling it in public because nobody would know she is having an orgasm; but she still gets to have the orgasm in public, and thus it is even more okay to have an orgasm in public. As a result it is more okay to violate a taboo.

Then have her experience the pleasure while imagining "touch", in the context of a lover touching her, such as a sensual stroke of her arm. She responds when stroked, she is told to not respond when no longer touched. Then make it a sliding anchor. Then strengthen the stopping of pleasure when stroking stops. Then increase her desire to feel it again.

Then simply pointing to that spot causes the same effect. Then simply talking about it causes the effect.

Then transfer the touch remotely to the other arm, by suggestion. Demonstrate it to cement convincement. Then let her imagine a remote touch on a spot that she selected. Have her say the spot. She did not select a private spot. Then have her imagine another spot, but not have her say what the spot is. She will pick a spot that is more private.

Then transfer the touch to simply words.

Then further plant the instant induction command. Then reward her by giving her pleasure.

Then give her the ability to trigger the pleasure command herself. Then reward. Then increase her desire to use it.

Then have her move the sensation to "where it does the most good". Then reward her with pleasure.

Play the tell me game. Install automatic reward. Use same to improve her life, then to install more desire for more conditioning.

Install anchor for confidence, to help with challenges in her life. Reward her compliance with pleasure.

Transfer the control to her. Allow her to grant the influence to the trusted ones in her life.

Magnify influence by using more fingers. Then transfer influence to thought.

Use her responsiveness to you in order to give her power and confidence in herself. Again transfer the influence to her. Have her demonstrate her power.

Again demo influence. Again reward with pleasure.

Have her feel pleasure for a specific amount of time. Then have her compress all the pleasure into less time. Demonstrate. Increase desire for it.

Then compress ALL peak pleasure in her life into a one-half second burst. Demonstrate. Generalize it out throughout her body.

Tell me game to give hypnotist more access. Reward grant of increased access with pleasure.

Use what has happened to improve her life, confidence, and competence.

Then take all good emotional and sensual pleasures and gather then up for her to access at any time.

Further demonstrate influence and responsiveness. Reward. Increase desire.

Tell me game to reinforce her animal instincts. Reward.

Remind her she can use all the above to improve her life. Reward. Reward yet again. Leave subject on pleasure autopilot.